





STUDY SKILLS TIPS AND HINTS

Begin with the end in mind. How you look at the course or assignment will help you decide how to prepare for learning the content.

1. How will the content of this course / assignment help me increase my skills or understanding of my future career goals? If it's not immediately evident, dig deep to look for connections. This will help you relate to the course content and make it more interesting and relevant.
2. Does the information I am studying relate to building the skills, knowledge, or attitudes needed now to get a job I'm interested in, or could it apply to future goals?
3. How can I connect this course / assignment with my talents and passion? Finding ways to use your prior knowledge and experiences to the course will improve your course performance and help you connect with the course content.

Understand the content of the course. Figuring out how the course content is structured will help you understand how readings and projects are related. Every subject has a way of connecting key concepts. Look for those big ideas and then see how specific assignments are connected to the bigger picture.

1. Each subject has its own vocabulary. Textbooks are written in a particular way depending upon the subject. Spend some time thinking about how course materials are written. Read, view, and study accordingly.
2. Be fully present in class. Practice active listening. Tune out distracting sounds or thoughts. Ask questions. Seek clarification when you're not sure about something.
3. Consider your personality type (True Colors). Seek to align your personality preferences with the instructor's. Use techniques for class participation, note taking, and projects that play to your strengths.
4. Figure out your instructor's preferences (True Colors) and work to meet those expectations.

Enhance your study skills. Set yourself up for success. Be proactive in preparation and adjust your study environment for success.

1. If your study environment has lots of distractions, try going to the library, a quiet coffee shop, or even the park. Create a dedicated space at home if possible.
2. Establish a daily routine. Make studying a priority in your daily schedule. Remember, allocating time to your priorities will move you toward your goals with a greater return on investment.
3. Preparation - review materials from previous class sessions, especially your notes. Lecture yourself on the subject matter.
4. Try studying with a group of peers who can add information and who will share their different point of view. Teach each other. One of the best ways to learn something is to teach it.
5. Take Smart Notes. Good notes are an important part of academic success/ Good note-taking will improve your active listening, comprehension, and retention.



NOTE
TAKING

TIPS ON
UNDERSTANDING
PERSONALITY AND STRESS



6. Remember your True Color preferences. Review the video to help you manage stressors.

Purpose and Mastery. Study, both in and outside the classroom, will support your talent development. The trick is to keep focused so you maximize your return on investment of time, energy, and money.

1. Look for ways to apply your learning to enhance your talents. Thoughtfully consider what you are learning in relation to you and what you bring to the subject. Take every opportunity to apply what you are learning, even when it isn't immediately obvious.
2. Connect the subject matter to your life experiences. The more you can relate your coursework to something you are familiar with the easier it becomes and the better you will do in class. This creates a scaffolding that you can keep using to add new information to.
3. Your instructor is an expert. There are also experts in the world outside the classroom. Find an expert, a master, in your field of interest and seek their counsel on applying the course material. Create an opportunity to expand your network and connect new learning to your career path.